8-Week Moving Checklist Printable [Free PDF]: Written by the People Who Load Your Truck

By Jordan Ellis, Senior Moving Coordinator, Moving Hub | 9 years in carrier operations

We're going to be straight with you. Most moving checklists online are written by people who have never touched a moving truck. They're blog posts written by content teams at broker companies, financial websites, and lifestyle blogs. They mean well. But they've never had to tell a family their couch didn't make it because someone signed a Bill of Lading they didn't read.

We have. Dozens of times.

We've watched well-organized people fall apart in the final week because their checklist ran out at "pack your boxes." We've seen customers lose security deposits because nobody told them to document the apartment before moving day. We've dealt with the fallout of rushed carrier bookings and last-minute HOA surprises that could've been handled in week six with a single phone call.

So we wrote a different kind of checklist. One that starts eight weeks out and doesn't stop until your last box is unpacked and verified.

According to a 2024 survey by Anytime Estimate, 82% of Americans found their move stressful and 78% hit costs they didn't see coming. That's not bad luck. That is a planning gap, and we've watched it happen up close more times than we'd like to admit. (Source: anytimeestimate.com/research/moving-trends-2025)

Before you dive into the weeks below, it's worth understanding who you're hiring. The difference between a broker and a carrier changes everything about how your move gets handled. Our broker vs carrier breakdown is worth reading before you sign anything.

How to Use This 8 Week Moving Checklist

Print it or save it to your phone. Work through it one week at a time. Don't try to do everything at once and don't skip ahead. Every phase builds on the one before it, and the weeks people skip are always the ones that cause problems.

If you want a broader look at how professional carriers approach full-move preparation, our complete moving checklist guide goes deeper on apartment moves, commercial relocations, and multi-stop jobs.

8 Weeks Before: Start Before You're Ready

Eight weeks feels early. It isn't. Customers who call us at this stage almost always have better outcomes than the ones who call at two weeks. Better

pricing, better slot availability, fewer surprises. That's not a sales pitch, it's just what the data from our own jobs shows.

Start by walking through every room with your phone and filming the contents. This is your home inventory and it's your legal protection if anything gets disputed during transit. Don't pack a single box before you do this.

Then declutter seriously. On long-distance moves, your final cost from a licensed carrier is based on the actual weight of your shipment. Every piece of furniture you get rid of before the move is money you keep. We had a client last spring clear out a storage unit before their Florida to North Carolina job and cut their estimated weight by nearly 1,800 pounds. That was a real difference on their final bill.

Start researching licensed carriers, not brokers. A broker takes your booking and sells it to another company. A carrier, like Moving Hub, handles your move with our own trucks and our own crew from pickup to delivery. It's a different level of accountability and you feel it when something goes sideways.

6 to 7 Weeks Before: Lock Things In

Confirm your moving date and book your carrier. Do not wait on this. Summer and holiday weekend slots go faster than anyone expects.

If you live in a building with an elevator or in a community with gate access, call management now. Find out if you need to reserve the service elevator, apply for a street parking permit, or give written notice before a truck shows up. We've had moving days delayed because a building required 72 hours notice for elevator reservations and the client found out the morning of the move. That delay affected the delivery window on the other end. One phone call at week six would have fixed it entirely.

Give your landlord written notice if you're renting. Start using the freezer and pantry. Perishables can't go on the truck, and you don't want to be throwing out full shelves of food the night before you leave.

4 to 5 Weeks Before: The Administrative Stretch

This part of the **moving timeline** isn't exciting, but skipping any of it causes real problems later.

Submit your USPS change of address. Set up utilities at your new home before you arrive, not after. Transfer subscriptions, bank addresses, and insurance. If you have kids, get school and medical records transferred now while there's time to chase anything that goes missing.

If you have specialty items such as a piano, a gun safe, large aquariums, antiques, or oversized artwork, tell your carrier now. These need to be planned for in advance. Showing up on moving day with a 700-pound safe nobody knew about isn't something any crew can adapt to at the moment.

This is also when you should ask your carrier directly about their delivery window. A straightforward carrier will give you a clear answer. Vague answers here are worth paying attention to.

What's the first thing you should actually do when you're moving? The home inventory. Before you call anyone, before you buy boxes. That video you take on your phone right now is the single most important document in your entire move.

2 to 3 Weeks Before: Steady, Not Frantic

You should be packing consistently at this point. Not scrambling.

Pack an essentials box last and keep it with you in the car, not on the truck. This box should hold your ID, medications, phone charger, a change of clothes, and any documents you'll need in the first 24 hours at your destination.

Confirm everything with your carrier in writing. Arrival window, access details, payment method. Reconfirm your delivery window. Disassemble large furniture that needs to come apart before loading. Back up important digital files.

The moving mistakes that genuinely cost people money almost always trace back to skipped steps in this window. Not because people are careless, but because two weeks before a move, everything feels urgent and the administrative tasks get pushed.

1 Week Before: Countdown

Finish packing everything that isn't part of your daily routine. Walk through every room, every closet, every cabinet. Confirm your delivery window one final time.

And yes, you still need a checklist even if you've hired professional movers. Utility activation, building permits, payment preparation, and delivery access are things your carrier cannot do for you. They're yours to manage regardless of who's loading the truck.

Clean the property you're leaving, especially if a security deposit is on the line. Prepare your payment method and confirm what's accepted before moving day.

Moving Day: What We Actually Need From You

This is the section no lifestyle blog will ever write, because they don't know what happens on our side of the move.

Be present during loading. Do not disappear inside and let the crew work without you nearby. Walk through with us as items go onto the truck. Review your inventory list before signing anything. Your Bill of Lading is a legal document. It is your proof of what was loaded, in what condition, and what you agreed to. Never sign it blank, never sign it before loading is complete, and never let anyone rush you through it.

Keep your essentials box, valuables, and personal documents in your car. Not on the truck. Do a final walkthrough of every room after loading is done. Hand over keys only once you're satisfied everything is accounted for.

Post-Move Week: The Part Everyone Ignores

Almost every moving checklist goes quiet here. This is also where the problems that were not caught on moving day come to the surface.

Inspect everything on delivery before the crew leaves. Any visible damage needs to be written on the delivery paperwork before you sign it. Not discovered the next morning. Not photographed later and reported by email. On the paperwork, before the crew departs. Under federal regulations, you have nine months to file a claim for concealed damage on an interstate move, but early documentation is always your strongest position.

Unpack the kitchen and bathroom first. Set up utilities. Keep your Bill of Lading and original inventory list until every box is opened and checked.

Our long-distance moving service keeps you in direct contact with your assigned crew through the full delivery window. You'll never need to track down a broker to find out where your shipment is.

A Real Move

A family of four relocated from Florida to North Carolina with us last year. Three bedrooms, roughly 8,000 pounds. They reached out at the seven-week mark.

Because of that lead time, we locked their rate, coordinated an elevator reservation at their destination building, and identified two oversized items that needed custom crating. Their final bill came within three percent of the original estimate. No handoffs, no hidden charges, no surprises on delivery day.

Eight weeks of planning did that.

Download the Free Moving Checklist Printable PDF

We've put the complete **8 week moving checklist printable free** version together as a clean, print-ready PDF. Download it, print it, and work through it one phase at a time.

Get your free **printable moving checklist PDF** at moving-hub.net.

Get a Quote From a Real Carrier

Planning early gets you better pricing, better availability, and a move that actually goes to plan. At Moving Hub, we own our trucks and our crew handles your shipment from first contact to final delivery.

No brokers. No handoffs. No vague answers.

Get your free quote at moving-hub.net.

FAQs

What should be on a moving checklist?

A complete **moving checklist printable** should cover every phase from eight weeks out through the post-move week. That means decluttering, carrier research, and home inventory at the start. Then utilities, address changes, and logistics lock-in in the middle. Then packing, moving day coordination, and post-delivery inspection and claims at the end. The phase most checklists skip entirely is the post-move week, and that's the one that causes the most avoidable problems.

How far in advance should I start a moving checklist?

At least eight weeks before your move date. For long-distance moves over 100 miles, ten to twelve weeks gives you real flexibility on scheduling and pricing. The customers who contact us earliest almost always have the smoothest moves. That's not a coincidence.

How do I make a moving checklist?

Work backwards from your moving date and break everything into weekly phases. Start with the big decisions: carrier selection, home inventory, date confirmation. Move into mid-range tasks: utilities, address changes, packing. Finish with moving day coordination and post-delivery inspection. Or skip building one from scratch and download our free **printable moving checklist PDF** above. It's already built the way we'd recommend.

Author Bio

Jordan Ellis is a Senior Moving Coordinator at Moving Hub with nine years of experience in carrier operations across long-distance and interstate relocations. Jordan has overseen hundreds of moves between Florida, the Carolinas, Tennessee, Arizona, and the northeast. His work focuses on the parts of moving that most guides ignore, specifically what happens after the truck leaves and why the decisions made in the first two weeks determine how the rest of the move goes.